



On being smokefree:
You feel powerful!

LET'S START A
CONVERSATION

JASON

Jason started smoking when he was 13.

His Mum and Dad smoked. All his mates smoked.
His father died of lung cancer.

Jason now has heart disease and finds it difficult walking up stairs.

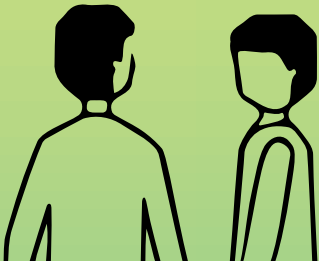
He was smoking two packs of cigarettes a day.

If Jason feels the urge to light up, he goes and talks to his support worker.



Quitline[®]
13 7848

GET THE SUPPORT YOU NEED TO STOP SMOKING



Talk to your:

- Doctor
- Health worker
- Support worker
- Pharmacist
- Another member of your care team



Tasmanian
Government